

Ladies Wellness Night

WHAT TO EXPECT

Starting our evening off at 7pm

Gently awaken your body/mind/soul with yoga, opening our evening with soft stretches and easy flow.

Next, meet your horse and take a few moments to establish a connection, a guided minute meditation

Off to the beautiful outdoor ring, furthering your personal journey with your horse, take an evening ride instructed by a highly certified and respected coach

Afterwards, meet at the fire for a guided meditation, take a journey to find self love and awareness.

Finishing off the evening, we will reflect on the day, and enjoy the stillness of a quiet country night